

Multi-Modal Exercise Training & Protein-Pacing in Active Men

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The Question

Does combining protein-pacing with multimodal RISE training (resistance, interval, stretching, endurance) enhance performance and body composition more than standard protein intake?

Study Design

- 20 exercise-trained men ages 18–55
 - 12-week randomized trial with matched calories and meal timing
 - PRISE group: 2.0 g protein/kg/day using Isagenix whey protein
 - Control group: 1.0 g protein/kg/day
 - All participants completed the same supervised exercise schedule
 - Measured strength, power, endurance, flexibility, cardiovascular markers, metabolism, and anabolic markers (IGF-1, GH, BDNF)
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Results

Both groups showed improvements in strength, power, flexibility, aerobic performance, vascular health, and body composition. PRISE produced greater gains in upper-body strength, lower-body power, cycling performance, and flexibility. IGF-1 increased only in PRISE, suggesting a possible role in enhanced adaptations.

Takeaway

A higher-protein, paced nutrition approach (PRISE) enhanced the benefits of RISE training, delivering greater improvements in strength, power, aerobic performance, and flexibility, potentially supported by increased IGF-1.

Product Spotlight: IsaLean® Performance Protein

A high-protein, nutrient-dense shake designed to support lean muscle, strength, and metabolic health. With 36 grams of high-quality whey and essential nutrients, it helps stimulate muscle protein synthesis and fuel performance, all with no artificial flavors, colors, or sweeteners.

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